

Breast Cancer Awareness Crucial to Early Detection

Health care providers at military treatment facilities throughout the fleet are encouraging Sailors to become educated about breast health and cancer prevention.

One of the key messages health care experts are sending is that breast health starts – and continues – with a patient's primary care manager.

The American Cancer Society recommends a three-part strategy to detecting breast cancer early: a self breast exam once a month for women over 20; clinical breast exams periodically (at least once every 3 years) for women in their 20s and 30s; and screening mammography with a yearly clinical exam for women ages 40 and over, or those who may be at high risk.

Studies show that women who are diligent in scheduling and getting regular exams and mammograms, as necessary, and who are seen regularly by a primary care provider, are more likely to catch breast cancer early, when it is treatable.

"Survival from breast cancer is at an all-time high," said Lt. Jacqueline Jones, an emergency room physician at Naval Medical Center San Diego. "Survival rates are up because women are informed, practicing breast self-exams, and having clinical exams and mammograms on a regular basis. Early detection saves lives!"

For more details, talk to your primary care manager or healthcare provider.



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